

Velveting Chicken

Yield: 4 min
Total Time: 50 min

Recipe from: <https://www.recipeschoose.com/recipes/chinese-velveting-recipe>

Ingredients:

- 1 pound boneless skinless chicken breasts
- 1 tablespoon cornstarch
- 1 egg white
- 1 tablespoon rice vinegar
- 1 tablespoon vegetable oil
- salt
- pepper
- 1 tablespoon soy sauce optional

Nutrition:

1. Calories: 180 calories
2. Carbohydrate: 4 grams
3. Cholesterol: 75 milligrams
4. Fat: 7 grams
5. Fiber: 1 grams
6. Protein: 25 grams
7. SaturatedFat: 1.5 grams
8. Sodium: 570 milligrams

Thank you for visiting our website. Hope you enjoy Velveting Chicken above. You can see more 18 chinese velveting recipe Cook up something special! to get more great cooking ideas.